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Bulletin

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GUY P. JONES
EDITOR

How Diphtheria Can Be Prevented.

¶ *Diphtheria is one of the most dangerous of the infectious diseases that occur commonly among children.*

¶ Unlike most of the other communicable diseases of children, it has no characteristic eruption.

¶ It is caused by a germ which generally causes the formation of a grayish-white membrane in the throat or other air passages.

¶ Sometimes this membrane grows to be large enough to block the air passage, and the patient virtually chokes to death.

¶ Sometimes there is no visible membrane, although the patient may suffer from a severe form of the disease.

¶ This is due to the powerful toxins or poisons that are developed by the disease.

¶ These poisons work terrific damage on the heart and other organs of the body.

¶ This makes diphtheria one of the most devastating of all the communicable diseases.

¶ Parents are justified in having a wholesome fear of this disease.

¶ There is no need, however, for any child to suffer from diphtheria.

¶ Medical science has now made this one of the most easily preventable of all diseases.

¶ Protection, by means of immunization, is available for all children.

¶ Parents can provide this safeguard for their children and insure them against contracting this serious disease.

¶ Any doctor of medicine can immunize against diphtheria.

¶ The procedure is simple, produces no ill effects and is in no way dangerous to the child.

¶ Diphtheria becomes more prevalent when the weather becomes colder, when children crowd together at home, in school, in the theaters, churches and other places of assembly.

¶ With this crowding, diphtheria becomes more prevalent because there is greater opportunity for the transfer of infection from child to child.

¶ The wise parent will guard against the risk of having his child contract the disease by giving him the protection that immunization affords.

¶ If every child one year of age and over were immunized against diphtheria, it would soon be a vanishing disease.

¶ Every child has a right to be as healthy as human knowledge can make him.

¶ There is no better way to help a child than to provide him with adequate protection against contracting diphtheria.

¶ The parents' duty in this matter is plain.

¶ Promotion of the physical, economic and financial condition is helped by providing this insurance against diphtheria.

¶ The community is helped by such procedure, for it provides a factor in making the community a more healthful place in which to live.

¶ Diphtheria can be driven from any community by means of this procedure.

¶ Some health authorities say that the time is coming when every death from diphtheria will be looked upon as one of criminal negligence upon the part of someone and therefore a case for a coroner's jury to decide upon it.

¶ At the present time, there is no excuse for failure to take advantage of this protective measure.

¶ The wise parent will have his children immunized against diphtheria without delay.

About So-called Insanity.

Some Misconceptions That Still Linger

1. That insanity comes suddenly.
2. That once insane always insane.
3. That insanity is a disgrace.
4. That insanity is an unfortunate visitation to be regarded with resignation and fatalism.
5. That mental disease is incurable.
6. That asylums for the insane are dreadful places and that admission to them rings down the curtain on the lives of the victims.
7. That emotional shock, the loss of dear ones, disappointment in love, economic loss, and other human misfortunes cause insanity.
8. That insanity is a specific disease entity.
9. That nobody can guard against mental disease.
10. That a person is either sane or insane.
11. That "nervous breakdown" is a disease of the nerves.

What Science Is Teaching Today.

1. That insanity develops gradually over shorter or longer periods of time.
2. That many of the insane are restored to health after a period of hospital treatment.
3. That insanity is a condition no more to be ashamed of than pneumonia or a broken limb.
4. That insanity is mental disease and should receive medical attention, just as tuberculosis, cancer or other physical conditions.
5. That many persons with mental disease are being cured today and restored to health and normality.
6. That our asylums are being turned into hospitals in which the insane receive medical care and treatment, and from which between 25 and 40 per cent are discharged recovered or improved.
7. That personal misfortunes and tragedies are frequently the precipitating causes of insanity, but that the accumulation of a variety of factors inherent in the progressive life experience of the individual is really responsible for unsettling mental balance and bringing on mental breakdowns.
8. That "insanity" is a convenient term used by the courts to denote irresponsibility in the eyes of the law, and that there are many different kinds of mental disorder just as there are many kinds of physical disorder.
9. That there are usually danger signals and symptoms of an approaching breakdown that can be recognized and medically dealt with.
10. That there are different degrees of mental health, just as there are varying degrees of physical health.
11. That "nervous breakdown" is in reality a mental condition in which there is seldom anything organically wrong with the nervous system.—*Mental Hygiene Bulletin.*

Slight Increase Shown In Poliomyelitis.

This is the season of the year when acute anterior poliomyelitis is more prevalent in California. Twelve cases of the disease were reported within the state during the week ending September 18th, six cases were reported during the preceding week and during the week ending September 25th four cases were reported, making a total of twenty-two cases reported during the past three weeks. This is not an unusually large number of cases to be reported at this time of year. It is

important, however, that rigid control be exercised over all cases of illness that may be suspicious of poliomyelitis. It is only through the adoption of immediate and rigid control measures that the disease can be held in check.

Following is the distribution of cases of poliomyelitis reported in California during the past three weeks:

Week ending September 11, 1926:

| | |
|-----------------------|---|
| Los Angeles County— | |
| Los Angeles | 3 |
| Pasadena | 1 |
| San Francisco County— | |
| San Francisco | 1 |

| | |
|---------------------------------|----|
| San Joaquin County— | |
| Stockton ----- | 1 |
| | 6 |
| Week ending September 18, 1926: | |
| Contra Costa County— | |
| Selby ----- | 1 |
| Los Angeles County— | |
| Near Los Angeles----- | 1 |
| Belvedere ----- | 1 |
| Los Angeles ----- | 2 |
| South Pasadena----- | 1 |
| Riverside County— | |
| Marietta ----- | 1 |
| Near Riverside----- | 1 |
| San Francisco County— | |
| San Francisco----- | 1 |
| San Luis Obispo County— | |
| Shandon ----- | 1 |
| Santa Barbara County— | |
| Near Lompoc ----- | 1 |
| Santa Clara County— | |
| San Jose----- | 1 |
| | 12 |
| Week ending September 25, 1926: | |
| Los Angeles County ----- | 2 |
| Los Angeles ----- | 2 |
| | 4 |

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The primary responsibility for the promotion of public health is on the shoulders of the medical profession. Medical knowledge is necessary to public health. Inasmuch as the physicians possess this knowledge, they are obligated to use it in the interest of the public health.—Clarence D. Selby, M.D.

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Our work is racial defense. If we want this civilization to march forward toward higher economic standards, to moral and spiritual ideals, it will march only on the feet of healthy children. The breeding ground of the gangster is the over-crowded tenement and subnormal childhood. The antidotes are light and air, food and organized play.—Arnold Gesell, M.D.

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It seems somewhat of an anomaly, an arraignment of all our scientific endeavor, our beneficent intentions, that this standard of normal child is as yet an illusion, a fantasy into which it is necessary that we blow the breath of life, you with your scientific knowledge, your broad experience—I, as the layman, demanding that the normal child become a possibility.—Herbert Hoover.

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Cancer was said at first to be a local condition, limited to the spot at which it occurs. In the early stages the cancer does not affect the patient's general health. If while the cancer is small it is completely removed by surgery or destroyed with X-rays or radium, or in fact, by any other means, that is the end of it. This could not be so if cancer were a disease which affected the whole body. If instead of being completely removed or destroyed, the original cancer, or any particle of it, is permitted to live, additional cancers are apt to follow either at the original site or elsewhere.—Dr. George A. Soper.

MORBIDITY.*

Diphtheria.

165 cases of diphtheria have been reported, as follows: Alameda 2, Berkeley 1, Oakland 9, Piedmont 1, Antioch 1, Fresno County 1, Fresno 1, Los Angeles County 43, Compton 12, Glendale 1, Huntington Park 5, Long Beach 1, Los Angeles 39, Pasadena 1, Torrance 1, South Gate 3, Merced County 2, Orange County 3, Brea 2, Fullerton 1, Orange 2, Sacramento 6, Ontario 1, San Diego 3, San Francisco 17, Santa Clara County 2, San Jose 1, Stanislaus County 2, Yuba City 1.

Measles.

326 cases of measles have been reported, as follows: Alameda County 2, Alameda 35, Berkeley 15, Oakland 93, Chico 1, Hercules 2, Pinole 2, Richmond 1, Los Angeles County 8, Long Beach 1, Los Angeles 2, Pasadena 1, Monterey County 3, Carmel 6, Salinas 2, Sacramento 13, San Bernardino 1, San Diego County 2, Chula Vista 1, San Diego 2, San Francisco 98, San Joaquin County 2, Stockton 6, Paso Robles 1, San Luis Obispo County 8, Redwood City 1, Santa Barbara 1, Santa Clara County 1, Palo Alto 2, San Jose 9, Sunnyvale 2, Modesto 1, Tehama County 1.

Scarlet Fever.

97 cases of scarlet fever have been reported, as follows: Alameda 1, Berkeley 9, Oakland 4, Butte County 2, Chico 1, Richmond 4, Bakersfield 1, Los Angeles County 16, Alhambra 1, Arcadia 1, Glendale 1, Long Beach 3, Los Angeles 17, Whittier 1, Monterey 1, Pacific Grove 1, Anaheim 1, Brea 1, Riverside 2, San Bernardino 1, Sacramento 1, San Diego 2, San Francisco 15, Stockton 2, Santa Barbara 1, San Jose 3, Stanislaus County 1, Turlock 1, Ventura County 1, Oxnard 1.

Smallpox.

Four cases of smallpox have been reported, as follows: Los Angeles 2, Napa County 1, Sacramento 1.

Typhoid Fever.

Ten cases of typhoid fever have been reported, as follows: Fresno County 2, Sanger 1, Humboldt County 2, Los Angeles County 1, Los Angeles 2, Riverside County 1, Gilroy 1.

Whooping Cough.

69 cases of whooping cough have been reported, as follows: Berkeley 4, Oakland 11, Los Angeles County 6, Long Beach 3, Los Angeles 10, Pasadena 12, Orange County 3, La Habra 2, Sacramento 1, San Diego County 2, San Diego 2, San Francisco 6, Stockton 2, Palo Alto 1, San Jose 2, Watsonville 1, Ventura County 1.

Meningitis (Epidemic).

Two cases of epidemic meningitis have been reported, as follows: Los Angeles 1, San Francisco 1.

Encephalitis (Epidemic).

San Francisco reported 2 cases of epidemic encephalitis.

Poliomyelitis.

Four cases of poliomyelitis have been reported, as follows: Los Angeles County 2, Los Angeles 2.

Leprosy.

Los Angeles reported one case of leprosy.

*From reports received on September 27th and 28th, for week ending September 25th.

COMMUNICABLE DISEASE REPORTS.

| | 1926 | | | | 1925 | | | |
|-------------------------|-------------|----------|----------|---|-------------|----------|----------|---|
| | Week ending | | | Reports for week ending Sept. 25 received by Sept. 28 | Week ending | | | Reports for week ending Sept. 26 received by Sept. 29 |
| | Sept. 4 | Sept. 11 | Sept. 18 | | Sept. 5 | Sept. 12 | Sept. 19 | |
| Anthrax | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Botulism | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Chickenpox | 29 | 48 | 59 | 75 | 27 | 22 | 35 | 39 |
| Diphtheria | 90 | 62 | 78 | 165 | 62 | 56 | 83 | 82 |
| Dysentery (Bacillary) | 0 | 1 | 1 | 0 | 2 | 4 | 2 | 2 |
| Epidemic Encephalitis | 0 | 1 | 0 | 2 | 1 | 2 | 2 | 2 |
| Gonorrhoea | 148 | 81 | 135 | 86 | 115 | 85 | 299 | 77 |
| Influenza | 6 | 5 | 8 | 22 | 2 | 5 | 12 | 11 |
| Jaundice (Epidemic) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Leprosy | 0 | 0 | 1 | 1 | 0 | 1 | 2 | 0 |
| Malaria | 3 | 1 | 9 | 0 | 7 | 5 | 2 | 2 |
| Measles | 142 | 186 | 254 | 326 | 14 | 12 | 12 | 14 |
| Meningitis (Epidemic) | 2 | 2 | 2 | 2 | 2 | 5 | 2 | 1 |
| Mumps | 60 | 53 | 104 | 84 | 47 | 35 | 70 | 106 |
| Paratyphoid Fever | 3 | 2 | 0 | 0 | 2 | 0 | 2 | 2 |
| Pneumonia (Lobar) | 18 | 25 | 25 | 26 | 26 | 55 | 15 | 24 |
| Poliomyelitis | 4 | 9 | 12 | 4 | 28 | 19 | 23 | 15 |
| Rabies (Animal) | 6 | 14 | 0 | 7 | 4 | 6 | 5 | 10 |
| Rabies (Human) | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Rocky Mt. Spotted Fever | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Scarlet Fever | 66 | 67 | 76 | 97 | 33 | 34 | 39 | 48 |
| Smallpox | 7 | 10 | 1 | 4 | 24 | 14 | 19 | 14 |
| Syphilis | 164 | 84 | 191 | 99 | 247 | 127 | 220 | 109 |
| Tetanus | 0 | 2 | 3 | 2 | 1 | 2 | 1 | 1 |
| Trachoma | 1 | 3 | 3 | 10 | 2 | 1 | 3 | 3 |
| Trichinosis | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Tuberculosis | 174 | 138 | 135 | 130 | 160 | 125 | 153 | 163 |
| Typhoid Fever | 21 | 21 | 28 | 10 | 35 | 19 | 19 | 27 |
| Typhus Fever | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Whooping Cough | 43 | 53 | 70 | 69 | 79 | 90 | 83 | 75 |
| Totals | 989 | 871 | 1195 | 1218 | 920 | 724 | 1103 | 811 |

COMMUNICABLE DISEASES BY AGE GROUPS, AUGUST, 1926.

| Disease | 0-1 | 1-4 | 5-9 | 10-14 | 15-19 | 20-24 | 25-34 | 35-44 | 45-54 | 55— | Adult |
|-----------------------|-----|-----|-----|-------|-------|-------|-------|-------|-------|-----|-------|
| Chickenpox | 10 | 63 | 65 | 25 | 8 | 6 | 7 | 3 | 1 | | 5 |
| Diphtheria | 4 | 61 | 68 | 32 | 18 | 6 | 22 | 11 | 5 | 3 | 1 |
| German Measles | 1 | 3 | | | | | | | | | |
| Malaria | | | 4 | 4 | 3 | 2 | 3 | 2 | 2 | 1 | 1 |
| Measles | 19 | 179 | 201 | 42 | 6 | 5 | 2 | 1 | | 1 | 11 |
| Mumps | 3 | 27 | 81 | 49 | 14 | 6 | 17 | 6 | 1 | | 10 |
| Pneumonia (Lobar) | 12 | 9 | 7 | 2 | 7 | 9 | 5 | 13 | 16 | 30 | |
| Scarlet Fever | | 65 | 96 | 27 | 6 | 8 | 9 | 3 | | | |
| Smallpox | 1 | 8 | 5 | 2 | 5 | 2 | 6 | 5 | | | 1 |
| Typhoid Fever | | 8 | 21 | 18 | 9 | 21 | 24 | 8 | 11 | 2 | |
| Whooping Cough | 22 | 102 | 63 | 6 | | | 1 | | | | |
| Anthrax | | | | | | | | | | | |
| Meningitis | | 1 | 4 | 1 | | | 2 | | | | |
| Dysentery (Bacillary) | 1 | 2 | | | | | | | 1 | 3 | |
| Erysipelas | 3 | | | | 1 | | 2 | 3 | 5 | 2 | |
| Gonorrhoea | | 5 | 13 | 5 | 75 | 159 | 166 | 57 | 8 | 2 | 26 |
| Leprosy | | | | | | 1 | | | | | |
| Ophthalmia Neonatorum | 1 | | | | | | | | | | |
| Pellagra | | | | | | | | 2 | 1 | 2 | |
| Poliomyelitis | | 9 | 3 | 4 | 2 | 1 | 1 | | | | |
| Syphilis | 5 | 2 | 4 | 4 | 33 | 79 | 140 | 94 | 63 | 33 | 12 |
| Tetanus | 1 | 1 | 2 | 3 | | | | | 2 | | |
| Trachoma | 1 | 2 | 3 | 1 | | 1 | 3 | | 1 | 1 | |
| Tuberculosis | 6 | 11 | 22 | 32 | 43 | 101 | 192 | 114 | 58 | 46 | 9 |
| Encephalitis | 1 | | | | 2 | | | | | 3 | |
| Paratyphoid | | 1 | | | | 1 | | 1 | | | |
| Rabies (Human) | | 1 | | | | | | | | | |
| Botulism | | | | | | | | | | 1 | |
| Jaundice | | | | | | | 1 | | | | |